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PAGE 08

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BOSTON Wednesday, January 15, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

Mo' money, less problems. Gov. Deval Patrick announces a plan to spend $53 million to help the Bay State and Boston prepare for the impact of global climate change. **Seeking shelter from a storm.** The grant will assess and address vulnerabilities in public health, transportation, energy and infrastructure. PAGE 02

AVOIDING A CLIMATE CATASTROPHE

Prince would die 4 U to let him guest star on 'New Girl'

PAGE 05

The hybrid workout is here, get ready to go yoga-boxing!

PAGE 09

New York Jets icon Namath can relate to Pats' Brady

PAGE 11

The governor wants to better prepare Massachusetts to handle extreme weather, similar to the storm that rocked Scituate on Jan. 2. / GETTY IMAGES

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NEWS
Top 3
What's trending online at Metro.us
1 'VIDEO: Dallas Cowboys cheerleaders gyrate with hula-hoop mounted GoPro cam'
2 'VIDEO: Devil baby spooks New Yorkers in prank'
3 'Australian sharks equipped with chip that sends warning tweets'
Today's tweet
"It weirds me out when people sit next to me on the train when it is basically empty ... #personalspace #mbta"
@cait_815, who was hoping to stretch out on her ride Tuesday.

State invests $52M for climate change prep

Global warming. Patrick calls the plan "generational responsibility."

Boston Mayor Marty Walsh, left, joined Massachusetts Gov. Deval Patrick at the New England Aquarium's IMAX theater Tuesday to announce new funding for local climate change initiatives. / NICOLAUS CZARNECKI, METRO

Addressing concerns that an extreme weather catastrophe could pummel the Massachusetts coast beyond recognition, the state plans to invest $52 million to prepare the Bay State for the impacts of global climate change.

Speaking at press conference at the New England Aquarium yesterday, Gov. Deval Patrick said the multimillion dollar statewide grant will assess and address vulnerabilities in public health, transportation, energy and the state's built environment.

About $40 million will be distributed as grants to help communities install backup power systems using clean technologies to harden energy services at critical sites.

An additional $10 million will go toward infrastructure and dam repair along the state's long, densely populated coastline.

A rise in sea level between 1 and 6 feet would put thousands of lives and nearly a half billion dollars worth of assets at risk in Boston alone.

"The city of Boston and surrounding communities rely on the state to ensure that key infrastructure such as the MBTA and our power grids are prepared for the impacts of climate change, and we have to make sure that developments are constructed with a rising sea level in mind," said Boston Mayor Marty Walsh.

The plan also calls for Mass-DOT to assess the vulnerability of its facilities, and adopt a climate adaptation plan by 2015. The Department of Conservation and Recreation will look at the threat of flooding on historic roadways.

Asked whether he's getting any pushback from climate change non-believers, Patrick said it's difficult to live in Massachusetts and not see "extreme" weather changes.

"It was 50-something [degrees] when I walked the dog this morning at quarter past 5," said Patrick. "It's January. And I've heard of mid-winter thaw, but you've got to be kidding me. And last week we had subzero temperatures at or near record levels. It's happening."

Environmental League of Massachusetts President George Bachrach said he believes Patrick understands that urgency and is taking an "important step forward."

"If superstorm Sandy had traveled a few miles north, Boston and Massachusetts would have been devastated, instead of New York City and New Jersey," said Bachrach. "We cannot wait. We need to protect our coastal infrastructure, particularly our transportation systems and the operating systems of our buildings. We must plan ahead to prevent the paralysis of our hospitals, schools and businesses."

MORGAN ROUSSEAU and MICHAEL NAUGHTON

Quoted

"We are experiencing ... more disruptive weather, [which presents] challenges to public health, to public safety, [to] our economic vitality and [to] our quality of life."

Gov. Deval Patrick

Pro life

Hundreds from Greater Boston ready to March for Life in D.C.

The Archdiocese of Boston said on Tuesday that it is sending its largest contingent ever to a massive pro-life rally later this month in Washington, D.C.

The March for Life marks the anniversary of the Supreme Court decision to legalize abortion.

The 750 people from the Archdiocese of Boston will be led by Cardinal Sean O'Malley and will take buses to next week's event.

Organizers expect hundreds of thousands of people to attend next week's rally. METRO

Research funding

Spending bill includes millions for MIT

A bipartisan bill poised to clear Congress this week includes millions of dollars for a facility at Massachusetts Institute of Technology that has recently seen its funding decrease.

The $1 trillion bill, which will fund the federal government through Sept. 30, includes $22.2 million for the Alcator C-Mod facility at MIT. The facility examines nuclear fusion as a potential energy source.

The long-running experiment was planning to cease its operation after its already reduced federal funding was cut further last year. GLOBE

Fire fight

Cops seek man who threw Molotov cocktails

Police are asking for the public's help identifying a man they believe tossed a pair of Molotov cocktails at a Lynn bar following an incident there last month.

State Police on Tuesday released surveillance photos of the suspect.

The suspect
MASSACHUSETTS STATE POLICE

The incident took place Dec. 20, just before closing time, at Players Sports Bar. Police said the man was involved in a fight inside the bar. About 30 minutes later, a person fitting his description threw two Molotov cocktails at the bar.

Other bar patrons said the man's name is Vincent and that he may be from Revere, police said. METRO

Promotions. New, diverse command staff for BPD

Commissioner William Evans promoted several officers and demoted and reassigned others Tuesday in what he called the most diverse command staff in the history of the Boston Police Department.

Evans, who was appointed as the city's top cop last week by Mayor Marty Walsh, said he and new Superintendent-in-Chief Willie Gross met with each command staff member on Tuesday to discuss the promotions and added responsibilities.

The promotions and changes take effect Wednesday, Evans said.

MICHAEL NAUGHTON

Not guilty plea. Cape man allegedly steals from disabled vets group

A former official with a Cape Cod disabled veterans charity pleaded not guilty to stealing more than $100,000 from the group.

Richard Trott, 62, of East Sandwich, was arraigned Tuesday on a charge of larceny over $250. His bail was set at $5,000 cash and he was ordered to not leave the state, according to Attorney General Martha Coakley's office. Trott was indicted last month.

Trott was a former president of the Disabled American Veterans, Inc. of the Cape and Islands, Chapter 96.

The national group represents disabled veterans and their families and has multiple chapters in each state.

Prosecutors allege that between 2009 and 2011, Trott stole about $125,000 from the group, transferring funds from the DAV accounts into his own personal accounts. He is due back in court next month.

MICHAEL NAUGHTON

Politician on trial

Jury weighs Henriquez case

The jury in Rep. Carlos Henriquez's criminal trial again on Tuesday sought clarification on one of the three charges of assault and battery the Democrat is facing for a 2012 incident with a woman.

The judge sent home the six jurors and two alternates, who had not yet issued a verdict by 4:30 p.m., and the jury will resume deliberations Wednesday. SHNS

Vandals deface antique trains at Boylston Station

Tagged. Transit Police hope to catch the person who tagged two historic trains early Tuesday.

Police are investigating two antique train cars that were found vandalized at Boylston Station. / NICOLAUS CZARNECKI, METRO

Transit Police are investigating after two historic train cars were discovered spray painted with large, white lettering Tuesday at Boylston Station.

Transit Police Lt. Richard Sullivan said that investigators were following some potential leads in the case.

One car was extensively defaced and another was not as badly tagged, Sullivan said. T officials were making plans to clean the trains.

The vandalism took place sometime between 1 a.m. and 5 a.m., Sullivan said. Boylston Station is equipped with surveillance cameras, however police would not say whether the tagging was captured on video.

If caught, suspects would face vandalism charges, Sullivan said.

There was no estimate as to how much the clean up would cost. Each year graffiti and other forms of vandalism committed on MBTA property costs about $1 million to remove, according to Transit Police.

In 2012, the MBTA said it would devote resources to cracking down on graffiti artists who target the T.

Quoted

"Unfortunately, one car was extensively defaced. Another was not as badly tagged."

Transit Police Lt. Richard Sullivan

MORGAN ROUSSEAU
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JANUARY

1/5	Sunday River
1/10-12	Sugarloaf
1/11	Stowe
1/12	Killington*
1/17-20	Tremblant
1/18	Jay Peak
1/19	Sunday River*
1/22	Bretton Woods
1/24-26	Sunday River
1/25	Stowe*
1/26	Sugarbush
1/29	Killington
1/31-2/2	Jay Peak

FEBRUARY

2/1	Sunday River*
2/2	Stowe
2/5	Bretton Woods
2/8	Jay Peak
2/9	Stowe*
2/12	Killington
2/14-17	Bolton Valley
2/15	Jay Peak*
2/16	Sunday River
2/19	Sunday River
2/21-23	Sugarloaf
2/22	Stowe*
2/23	Loon
2/26	Bretton Woods
2/28-3/2	Sunday River

MARCH

3/1	Jay Peak*
3/2	Sunday River
3/5	Killington
3/7-9	Sugarloaf
3/8	Stowe*
3/9	Jay Peak
3/12	Bretton Woods
3/15	Sunday River
3/16	Loon*
3/19	Killington
3/21-23	Bretton Woods
3/22	Jay Peak
3/23	Sugarbush*
3/29	Sunday River*
3/30	Stowe

APRIL

4/4-6	Sunday River
4/5	Jay Peak
4/6	Sunday River*
4/12	Jay Peak
4/13	Killington*

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Christie apologizes again in speech, promises cooperation

Hot seat. Brewing scandals threaten to tarnish Christie's reputation and national appeal.

Christie delivers the State of the State Address in the Assembly Chambers at the Statehouse in Trenton, N. J. / GETTY IMAGES

New Jersey Gov. Chris Christie opened his State of the State Address on Tuesday with an apology and a vow to fully cooperate with "all appropriate" investigations of an apparent scheme to cause massive traffic jams as well as the use of federal money for a state ad campaign.

Christie — a charismatic conservative and an early favorite in the Republican bid for the White House in 2016, was re-elected in a landslide victory last November — but the two scandals coming in the first weeks of the year have put him on the defensive.

"Without a doubt, we will cooperate with all appropriate inquiries to ensure that this breach of trust does not happen again," Christie said.

Two sets of emails last week appeared to show that Christie's aides had orchestrated lane closures for several days last September on a stretch of highway leading to the George Washington Bridge and then lied about it.

Christie has denied any knowledge of the apparent orchestration to snarl traffic at the bridge as political payback against the Democratic mayor of the nearby city of Fort Lee, N.J., for his refusal to endorse Christie's gubernatorial bid.

But the governor's speech mostly addressed the "Jersey Comeback," which Christie has long claimed has resulted in private sector jobs and secured public-private investment in the Garden State. REUTERS

Quoted

"The last week has certainly tested this administration. Mistakes were clearly made. And as a result, we let down the people we are entrusted to serve." Christie

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Prince will guest star on 'New Girl'

Is there anything Zooey Deschanel's big blue eyes can't do? /ALL PHOTOS GETTY IMAGES

Prince is set to appear in the post-Super Bowl episode of "New Girl."

Forget Manic Pixie Dream Girl — I think Zooey Deschanel might be a straight-up wizard. Surely only a powerful spell could explain how she got Prince — motherf—in' Prince — to guest star on her sitcom "New Girl." Even more indicative of sorcery? Apparently it was his idea.

Prince is set to appear in the post-Super Bowl episode of "New Girl," during which he'll help Jess (Deschanel) and Nick (Jake Johnson) with their relationship. Producer Brett Baer told E! News that Prince is a huge fan of the show, and of Jess and Nick's love affair in particular. "He knows everything about the show. He contacted Zooey [Deschanel] and Hannah [Simone] directly and asked to do the show. We couldn't work it out last year. But when the Super Bowl thing was floated, it was perfect timing."

"He said, 'I want to be involved in the show in a real way, and I want to help Nick and Jess with their relationship,'" executive producer Dave Finkel said.

Finkel, presumably after confirming with a bunch of people that he didn't dream of Prince asking to counsel his sitcom characters, agreed. Man, is there anything Zooey Deschanel's big blue eyes can't do? Maybe she should bat them at Kim Jong-un and get him to stop executing his uncles. **MELINDA TAUB**

Director compares 'Hunger Games' to slavery

David O. Russell is not one to mince words. And now the director might cause some trouble with his recent comparison of the "Hunger Games" franchise to, um, slavery — but at least he's aware of it.

"Talk about 12 years of slavery, that's what the franchise is. And I'm going to get in so much trouble for saying that," Russell tells the New York Daily News, suggesting producers go easier on Lawrence, who just won a Golden Globe for his film "American Hustle." "I personally think they should give her a bit of breathing room over there because they're printing money. But she's a very alive person."

That is, she's an "alive" person who has rights and a huge paycheck (unlike, you know, slaves).

Director David O. Russell thinks the "Hunger Games" franchise's producers should go a little easier on star Jennifer Lawrence.

2 CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Talking point

Why Willow Smith turned down 'Annie'

Willow Smith was slated to star in the modern remake of "Annie" that her dad, Will Smith, is producing with Jay Z — but it turns out she has more important things to do. "I just wanted to chill and be at home and decompress and just find out what I want to do and where I stand on this planet, with the little tiny place we have," the 13-year-old tells V magazine, explaining why she turned down the role, which eventually went to "Beasts of the Southern Wild" star Quvenzhane Wallis.

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An adaptation that doesn't quite work

Theater review. Lyric Stage's "Working" is a job not entirely well done.

"Working," the musical adaptation of Studs Terkel's groundbreaking tome of the same name that profiles Americans and the way they feel about their jobs, doesn't really, well, work as a musical. Despite the best efforts of the Lyric Stage Company, their latest production never quite takes off.

The plot consists of a series of stories based on the real thoughts and feelings of 25 real working people, as they play out over the course of 24 hours. As a book, it's a fascinating read. As a musical, there's not enough sizzle to compensate for the weak plotline and subsequent lack of flow.

Even the score feels disjointed, though that may be due to a few too many lyricists, including Stephen Schwartz, James Taylor and Lin-Manuel Miranda, each contributing a different point of view. In this mishmash of styles and stories, some shine, some flop and the rest feel like filler in between.

The transitions are awkward and sometimes sloppy (usually a result of costume changes), and Anne Sherer's industrial set creates more havoc than scene. Even the usually great director/choreographer Ilyse Robbins misses marks with questionable directorial choices, like an awkward shoulder-to-shoulder clockwise rotation of the ensemble near the show's finish.

Despite these problems, there are moments when Robbins and company offer touching insights into the hearts and minds of the workers they portray. Cheeyang Ng's lovely vocals are a fine complement to his emotional turn as a healthcare worker. Christopher Chew nicely captures the humble pride of an iron worker admiring his masterpiece, and Merle Perkins' performance will resonate with many a mother when she expresses the hope that her daughter will one day break tradition and break free from the ranks of cleaning ladies in their family.

Unfortunately, getting to the places where "Working" is worth it takes a bit too much elbow grease.

NICK DUSSAULT
letters@metro.us

The rare moments where "Working" actually works are very well done.
MARK S. HOWARD

If you go

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TV watch list

COMPETITION

'American Idol'

SEASON PREMIERE, 8 P.M., FOX

It's part one of a two-part season premiere and JLO, Keith Urban and Harry Connick Jr. are back to sift through all the crazy and pick the hopefuls who can actually sing. That's all fine and good, but we mostly want to see Connick Jr. and Lopez get it on. Their sexual tension is more intense than the competition.

COMEDY

'Modern Family'

Gloria faces off against a mean mom at school in a war that comes to blows in a dodgeball showdown. The mean mom is played by Jane Krakowski, who we have sorely missed since "30 Rock" ended. **9 PM, ABC**

ALEXANDRA CAVALLO

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NEW YEAR, NEW MARKET

Many people are flocking to Fort Point, which has great views of the city and great new places to eat, drink and play. / BOSTON GLOBE VIA GETTY IMAGES

Real Estate. We take a closer look at 2014's hot 'hoods in the area.

LINDA CLARKE
letters@metro.us

With the temperature of last year's hot real estate market expected to continue to rise, high demand sheds a spotlight on upcoming, more affordable neighborhoods. These are often adjacent to typically desirable destinations and with equal access to lifestyle amenities such as restaurants and shopping. Fortunately, hot doesn't always mean high prices, but rather a better investment.

"There is no question that the definition of the South End is expanding when local real estate agents are advertising Roxbury condos over the Mass. Ave. line as South End living," says real estate agent Linda O'Koniewski of ReMax/Leading Edge. "Younger singles and couples who can't afford the South End, but who want to be near the desirable shopping, restaurants and coffee houses, are extending their search into Roxbury. They report to their friends that they are living in the South End, though. After all, that's what the listing ticket said," she jokes.

Chelsea has undergone a lot of community development lately.
BOSTON GLOBE VIA GETTY IMAGES

NEW in the new year

O'Koniewski also touts Chelsea as a soon-to-pop neighborhood. "Chelsea has amazing waterfront appeal. We've all heard for years that Chelsea has been an up-and-coming community, but this resurgent real estate market will see that anyone who invested there during the downturn made a good buying decision."

When it comes to the single-family homes, O'Koniewski says Melrose is hot. This traditional, family-oriented town offers beautiful Victorian neighborhoods.

"With three commuter stations, Melrose is 13 to 15 minutes from North Station," she adds. "This Mayberry-like community, with its vibrant downtown, is a smart choice if your budget is for a house between $350,000 and $500,000. Melrose is surrounded by a green belt for exercise enthusiasts and, with sidewalks on most streets, it's welcoming to strollers and dog walkers. Charm and a good community vibe and lovely tree-lined streets make Melrose worth checking out for savvy homebuyers."

PLUS

Hot 'hood

The 'new South End'

Sick of hearing about how hot the Innovation District is yet? Plug your ears, Fort Point fever remains high. "This is the new South End, where the young creative class hangs out at cool bars and restaurants, contemporary art museums, craft breweries and specialty shops. The 'Innovation units' are in the hottest new rental buildings in town. Watch for more retail and residential developments, including Seaport Square and the condominium phases of Fan Pier. The growth in this neighborhood is wow for the next five years."

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By Attorney George Warshaw

Last week I began to discuss where estate planning fails. One area where it often fails is with "boilerplate" planning.

I use the word "boilerplate" because attorneys often rely on the forms they have in their computers to plan one's estate.

I'm not a fan of burying a few pages of inheritance and guardianship planning for our children in a lengthy estate planning trust. It's impossible to read.

Rather, I prefer creating a separate stand-alone document specific to your children, called a children's trust, that can be read by you and your children.

When it comes to planning for children, I start with a basic question: how will you take care of your children if something serious happened to you?

While many people answer the question with "life insurance," that answer isn't really sufficient.

While money is a necessity, how will you encourage your children's growth and development? Will your plan work if your child gets into drugs, has learning problems, or one of the other maladies that too often afflict our children?

Planning for children starts with looking at your children's lives in increments: what will their lives be like at age 5, 10, 15, etc? What can I do to help over time?

Next week: Guardianship Planning.
©2014 George Warshaw.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, litigates real estate matters, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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Johansson's favorite kitchen gadget: SodaStream

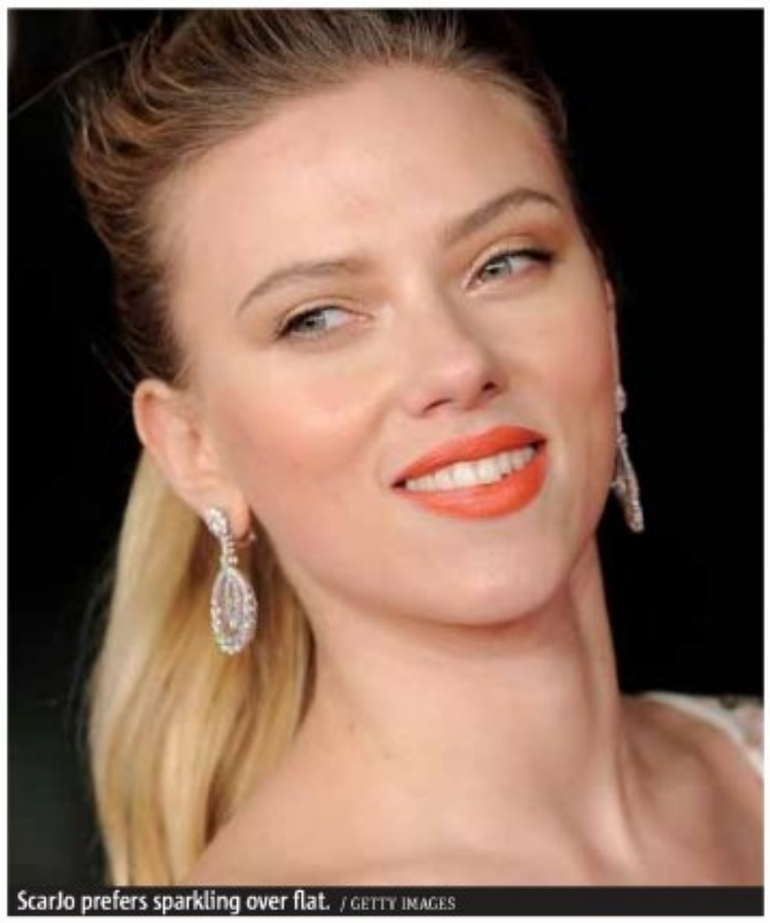
Home goods.
The actress waxes poetic about homemade carbonated drinks.

MAJA LUNDAGER
letters@metro.us

Scarlett Johansson likes bubbles — a lot. The actress admitted as much last Friday evening at the launch event announcing her new role as the global brand ambassador for SodaStream, for which she'll star in a Super Bowl commercial on Feb. 2.

"I grew up drinking carbonated water. My mom used to mix it with fruit juice instead of [buying] soda. When I moved out of the house and started throwing out my own garbage, I realized how many plastic bottles and cans I was wasting," she says. "I felt really guilty about that, but I still wanted to drink carbonated water."

Johansson's guilt-free solution: SodaStream, the DIY soda maker. "I went online and thought, there's got to be soda makers, we have been drinking soda for centuries," says the actress. "I bought mine at Williams-Sonoma and my love for SodaStream started."



ScarJo prefers sparkling over flat. / GETTY IMAGES

More with the bombshell

Why SodaStream?
It really changed my life. Now I don't feel guilty about enjoying the beverages that I do at home. I love that I can have a party and not have trash bags full of waste. I've been pushing it on my friends and family for years and given it as housewarming gifts. I believe so much in [the product's] environmental values and its health initiatives. It just fits so perfectly to my lifestyle.

What's your favorite flavor combo to fizz up?
I drink a lot of sparkling water more than anything. I like the diet flavors because they're made with Stevia and Splenda, so it's not Aspartame. We did the grapefruit and orange, which was a combination I like, and the Dr. Pete, which is kind of a spicier Dr. Pepper flavor.

Do you spend a lot of time in the kitchen?
I like to cook. I don't eat red meat, so I make a lot of turkey meatloaf, chicken chili and that kind of stuff. I make a lot of American comfort foods, but the healthy version of them.

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NEW in the new year

The fitness trends you'll see this year

We asked top trainers what kinds of workouts you can expect to see surge in popularity this year. Here, they weigh in. **MEREDITH ENGEL**

Harley Pasternak

Trains Lady Gaga, Usher and Rihanna

1 "Fitness getting out of the gym. The big-box model is still in effect, but I think when people want to do yoga they'll go to a yoga studio. I think we'll be seeing that for awhile, almost like disassembling the gym. The gym is sort of like a Swiss Army Knife of wellness. They happen to have scissors — are they the best pair of scissors? No, but if you need them they're on your Swiss Army Knife."

2 "Digital streaming of exercise content, insomuch as getting your workouts on your phone — there's a lot of that now. Streaming personal training sessions over your computer or your tablet is becoming more and more popular, [but] I don't think it's gonna stick. Part of the training is the personal experience."

3 "Definitely the use of activity monitors, the Fitbit, that's huge — the idea of people not being tethered to the gym, and being active out of the gym, and being able to monitor how much you're moving."

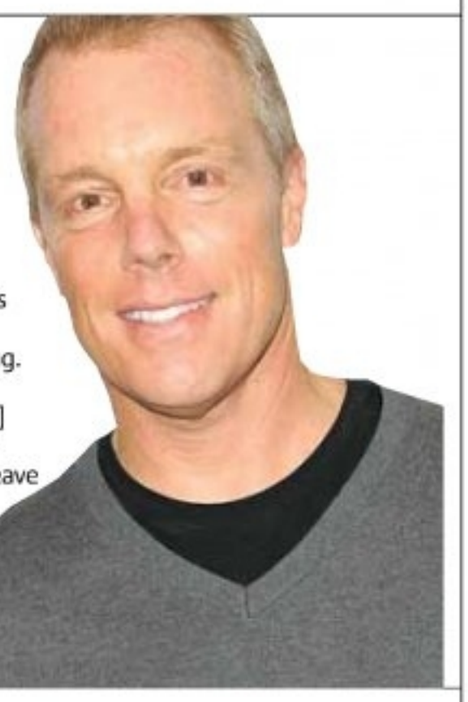
4 "There's research that people who are entertained with some kind of medium, like a TV show, while they do cardio have a lower rate of perceived exertion," says Pasternak, who recently teamed up with Netflix to promote working out while you're simultaneously entertained. "They actually feel the cardio is easier, and as a result they tend to be on it longer and often."

Simone De La Rue

Trains Jennifer Aniston, Chelsea Handler and Naomi Watts: "Obviously I would say dance cardio, as it is one of my signature classes. It's a fun way to get your sweat on and burn the calories, and it doesn't require any equipment other than kick-ass tunes. The second would be Cross-Fit. It is already starting to take over the fitness scene in a big way. Once some of the exercises are modified to suit women better, I think this will be the workout to dominate the fitness world."

Gunnar Peterson

Trains Khloe Kardashian, Jennifer Lopez and Bruce Willis: "It's all gonna keep going back to hybrid stuff: spinning bike with weights, yoga-boxing — it's all combination stuff. It all comes down to multitasking. You can't be too boutique anymore. Then [clients will] feel like they're neglecting something else so they'll leave you and go to that."



Adam Rosante

His client list is so exclusive, it's his policy not to name names: "I think we'll see people embracing more online workouts and continuing to move more toward any kind of functional fitness that encourages a sense of community and really makes fitness fun."

Get Fit:

7 easy tips to help you keep your New Year's resolution.

By Steve Edmond

2014 is upon us--and now that the festive celebrating is over, the ball has dropped, it's time to get serious about planning your new year's resolution. If you've already begun to commit or recommit to a healthy lifestyle, you're on the right track. According to one study one in three Americans will stick to a plan in the beginning of the year, to losing weight, getting fit, quit smoking and convert to less stress. Unfortunately some resolutions do end in failure.

A study has found that by spring 70% of Americans who made a resolution have broken it after one year, and only 20% succeed. If you are one of the unsuccessful few, don't beat yourself up over it-keep in mind perfection is unattainable. The key to self improvement is persistence. Minor missteps when reaching your goals are normal. Everyone has ups and downs. However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes.

It's a time to reflect on your past year's behavior and promise to make positive lifestyle changes.

Setting small attainable goals throughout the year, instead of making one huge overwhelming resolution on January 1 can help you reach whatever it is you aim for. It's not the extent of the change that matters, it's the act of recognizing that lifestyle change is important and working on it, one step at a time. So how exactly can you make a resolution and stick to it? Simple: follow these easy steps for keeping your goals on track.

1) Make realistic goals:

The biggest problem in keeping a fitness resolution is planning for too big of a goal. Nothing is impossible but resolving to look more like David Beckham or Selena Gomez is an unrealistic resolution for anyone. Resolving to lose a couple pounds at a time or cut back on junk food are more realistic goals.

2) Make exercise part of your routine:

Exercise should be a regular part of your day no matter how busy life is, don't make it something sporadic. Just as you set aside time for meals, sleep, kids and work, learn to roll with the punches. On days when a hectic schedule makes it impossible to do a full workout, make it a must that you squeeze in a little bit at a time. It also helps to fit in workouts on your "off" days so that you can get more done.

3) Eat more home-Cooked meals:

The transition from restaurant table to kitchen table isn't an easy one. If you start packing your lunch one day a week, that's one day a week you're not eating out.

4) Start small:

Most people try to do way too much in the beginning than they get hurt, feel over trained from too much exertion or decide to quit because they don't have enough time. To build success you have to set small goals. 15 minutes a day even-then add time gradually.

5) Focus on short term goals:

The idea of a fitness resolution is great. But it's also best not to focus on losing so much weight all at once. Try to think less and act more upon your fitness goals. Adapt to eating more vegetables and do at least 25 minutes of cardio a day for the next 2 weeks. Short term goals work better than longer ones.

6) Renew your commitment:

Following the same routine can be boring. Make them as often as possible to keep the desire alive. Preferably every three weeks. There will be times when you'd rather do nothing more than just relax on the couch and put your feet up instead of heading to the gym. When the motivation is not there, remember why you've committed to your exercise program in the first place: your health.

7) Don't give up:

It's way too easy to talk yourself out of doing something important. To get what we want in life, we have to work hard and that takes dedication, even sacrifice. Don't be hard on yourself because you don't notice immediate results, ate a cookie and broke your diet, or skipped the gym for a week. The best way to recover from your mistakes is to get back on track. Your health comes first. Take care of your body. It's the only place you have to live. And it's worth making an effort to look after through regular exercise and nutrition.

Once you've mastered these 7 steps, you'll be well equipped to follow through on your resolutions-this time, for good.

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Horoscope

♑ Capricorn | Dec. 22-Jan 20.
Keep everything out in the open so you can deal with issues as they arise. You must clear up any misunderstandings with alacrity. Turn a negative into an opportunity.

♒ Aquarius | Jan. 21-Feb 18.
Don't waste the day. There is too much to do, and too little time. Secrets are apparent, and they must be considered before you make a decision based on limited information.

♓ Pisces | Feb. 19-March 20.
Step out of your shell and try something unique. Offer help and look for ways to utilize what you have to offer in more diverse ways. Romance will lead to happiness.

♈ Aries | March 21-April 20.
Avoid altercations. Partnership problems will escalate if you aren't willing to compromise. A common-sense approach to work and money will pay off. Keep your life simple.

♉ Taurus | April 21-May 21.
Take a chance and present what you have to offer. Showing your skills and expertise will be far more effective than talking about them.

♊ Gemini | May 22-June 20.
You'll be tempted by an offer that may not be legitimate or that is based on hearsay rather than facts. Step back before you suffer a loss.

♋ Cancer | June 21-July 22.
Relationships, partnerships and mingling with people who share your interests and concerns will bring about unusual and exciting opportunities. Love is on the line.

♌ Leo | July 23-Aug. 22.
Watch your back today, especially when dealing with financial, legal or medical issues. Take some time to confabulate with trusted allies before taking a chance.

♍ Virgo | Aug. 23-Sept. 22.
Your suggestions will be well-received. Do your best to help out, but don't let anyone take you for granted. Friendships will grow, and people from your past will reappear.

♎ Libra | Sept. 23-Oct. 22.
Stay calm and rely on your knowledge and ability to deliver information with intelligence and passion. Don't allow anger or emotional tension to come between you and your goals.

♏ Scorpio | Oct. 23-Nov. 21.
Take part in unique activities and develop relationships that will be of use to you. Alterations to your living arrangements will be comforting.

♐ Sagittarius | Nov. 22-Dec. 21.
Keep an eye on your personal papers and concerns. Be prepared to make a sudden and unexpected move should anyone stand between you and your goals. BERNICE BEDE OSOL

Letters

So-called 'bullies' make history

The worst thing about Chris Christie's ordeal by the liberal media over Bridgegate nonsense is the bounce it gives his low-life partisan enemies, the Democrats, parasites and their union overlords, especially the most vile of them all, the teachers unions. Christie is a "bully"? Give me a break — Patrick Henry, Samuel Adams, John Adams, Andrew Jackson, Abraham Lincoln, FDR, Harry Truman and LBJ were all bullies also, in their own ways. Now they're American icons.
ROBERT SIEGER, VIA EMAIL

Congress v. the Middle Class

Millions of Americans are just plain fed up with Republicans and Democrats because of their inability to do what's good for us who put them in office for that purpose. The vast majority supports extending unemployment benefits for the 1.3 million (probably a lot more) with no strings attached, whose benefits ran out at the end of 2013. Cutting funding for schools, food stamps allowance, heating and health care is the wrong way to go toward bringing down our debt. There has to be other ways to cut the national debt, but not on the backs of middle-class families and senior citizens. It's as if both political parties have a death wish on us. Again I say I don't know what the answer is — because Congress, despite poor leadership by President Obama, has to realize that's what they were elected to do. Each side has to swallow their pride, set aside their partisan politics (that are wrecking our economy and our stature as leader of the Free World) and compromise their way to an agreement that will benefit all Americans and put this great nation back on track. Are they listening? Stay tuned.
HERB STARK, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

5						4		6
	7	1		4	5		2	9
4				8			5	
					4			
9	8						7	3
			2					
	4			3				7
7	5		1	6		3	4	
3		2						8

8				2		6	9	
			9		7		3	
	3	2				1		7
		9	7				6	
	2			8			7	
	7				9	3		
3		5				9	4	
	4		6		5			
	9	8		1				6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Minds the phone
5 Orange-and-white rental (hyph.)
10 Fiery heap
14 Jazz's home
15 Upper body
16 Authentic
17 Long-gone bird
18 Doctrine
19 Singer — James
20 Went postal
22 Thug
24 Rocky peak
25 Tijuana "Mrs."
26 "Humbug!"
29 Seuss' — -I-Am
32 Cheapen
36 Aussie gem
37 Naval officer
39 Back-fence yowler
40 Is practically infallible (4 wds.)
43 Before now
44 Threaten
45 Heavy hydrogen discoverer
46 Odometer button
48 Mag execs
49 Sultans' cousins
50 Boxer, maybe
52 Roman's 16
53 Lounge chairs
57 Pace setters
61 James— Jones
62 Significant
64 Seine aits
65 Margarine
66 Madrid art gallery
67 Fly like a fly
68 Dateless
69 It "keeps on ticking"
70 Sudden urges

Down
1 Flood residues
2 Egyptian sun god
3 Goose egg
4 Co-workers' gab
5 Sigh or murmur
6 Whacked weeds
7 Prince Val's son
8 Opportunist
9 Pond blossom
10 Factory-assembled
11 Himalayan sighting
12 Pro — (in proportion)
13 Style
21 "Wham!"
23 Euro casualty
26 Juice, so to speak
27 Future fern
28 Furry hoppers
29 Take potshots at
30 Set a price
31 Bearings
33 Video-game pioneer
34 More achy
35 Oscars' cousins
37 Horror-film street
38 Seek excitement
41 Web locales
42 Add moisture
47 Final words (var.)
49 "The Loco-Motion" girl
51 Lure
52 Make copies
53 Business VIPs
54 Sentry's bark
55 General vicinity
56 Graceful wrap
57 Veinlike deposit
58 Fashion mag
59 Equine restraint
60 Former JFK arrivals
63 Wedge in

Yesterday's answer

S	L	A	M				P	B	S		F	E	A	R
H	A	R	E	M		F	L	I	P		I	M	S	O
A	M	A	N	A		L	O	C	I		T	I	C	S
D	E	B	U	G	G	E	D		L	E	S	L	I	E
				U	R	E		B	L	T		E	I	S
H	E	I	F	E	R		G	R	A	C	E			
E	N	V	O	Y		F	R	I	G	H	T	W	I	G
R	Y	A	N		G	U	I	L	E		H	I	D	E
B	A	N	D	S	H	E	L	L		P	A	N	E	L
			A	T	O	L	L		T	I	N	G	E	S
A	B	S		U	S	S		G	A	T				
L	A	T	E	N	T		P	A	R	I	S	H	E	S
T	R	O	D		I	S	I	S		E	N	O	C	H
A	G	O	G		N	O	S	H		S	I	N	C	E
R	E	L	Y		G	O	A			P	I	E	D	

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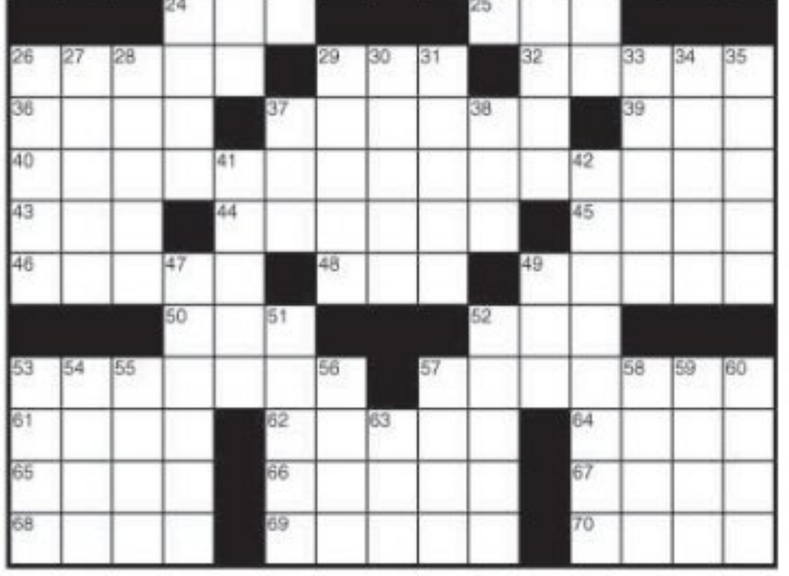

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A-Rod rage

A-Rod lawyer Tacopina takes jab at Sox player

Joe Tacopina, Alex Rodriguez's lawyer, told ESPN radio talk show host Colin Cowherd Tuesday that his client was the only one who was up-front about PED use in 2009, a year in which multiple steroid-related stories broke.

"No one else was compelled to say anything, and no one else did say anything," Tacopina said. "People were denying stuff. And I'm not gonna start naming all the other players, but some of them are God-like in Boston right now, and people seem to forget that. Alex came clean and admitted something when he didn't have to." METRO

AFC Championship

Broncos sign former Patriots cornerback Cole

A week after the Colts signed Deion Branch, the Broncos signed someone who played even more recently for New England. Denver signed cornerback Marquice Cole Tuesday after losing corner Chris Harris to injury on Sunday.

Cole was released by the Pats on Dec. 26. METRO

Namath: People hate Brady due to jealousy

NFL playoffs. The New York Jets' iconic quarterback knows what Tom Brady is going through after living it 40 years ago.

Namath is no stranger to being hated by opponents due to his flamboyant personality — and style. / GETTY IMAGES

Joe Namath, perhaps the most iconic quarterback of his generation — or any generation — feels for Patriots quarterback Tom Brady.

Last week, Brady was named the most hated quarterback in the NFL by Public Policy Polling, taking 18 percent of the vote. But count Namath, who had his fair share of critics for his off-the-field lifestyle, as a backer of Brady.

Namath points to Brady's resume, one that will surely take him to Canton someday, as a reason for the hatred. Nine Pro Bowls, three Super Bowl rings and supermodel wife in Gisele Bundchen are enough to raise more than one jealous eyebrow.

"I think he looks at his wife's pictures in the magazines and holds her hands more than he reads his own press clips," Namath said in a phone interview last week. "It is the wins, No. 1, then because he is so visible [why he is disliked]. It is human nature to want that success and want to see your own quarterback succeed."

Namath could see why Brady might not be so popular around the league. There is the success, the covers on national fashion magazines and the aura surrounding his glamorous lifestyle.

The former Jets star, nicknamed "Broadway Joe," made headlines for his numerous high-profile romances, Hollywood acting, and his sideline fashion of bell bottoms and a fur coat.

"Opponents having to play against Brady have to be legitimately angry seeing his smile on the sideline after touchdowns," Namath said. "It's kind of a compliment to be disliked by so many opponents. It comes from winning first."

KRISTIAN DYER
sports@metro.us

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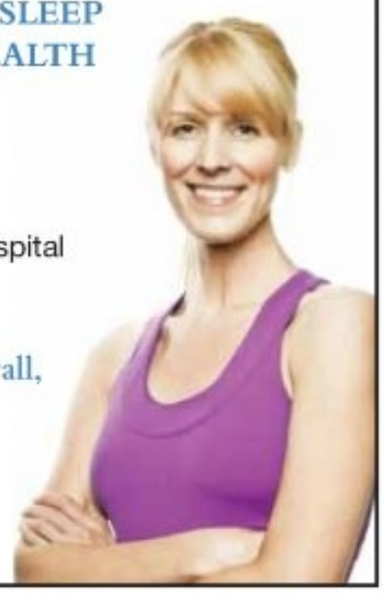

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Legal Notices

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3109EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Kathrine Minter**
Date of Death: **1/23/2012**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Dorleen Minter of Saint Louis, MO. Dorleen Minter of Saint Louis, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3113EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Robert Lewis Davison**
Date of Death: **11/8/2012**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Linda Davison of Millington, TN. Linda Davison of Millington, TN has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI13P5996EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Jose Luis Campoverde**
Date of Death: **3/15/2011**
Middlesex County Division
208 Cambridge Street,
East Cambridge, MA 02141

To all persons interested in the above captioned estate, by Petition of Petitioner Eva Campoverde of San Bernardino, CA. Eva Campoverde of San Bernardino, CA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3122EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Titus Anderson**
Date of Death: **2/13/2009**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Jessie L. Anderson of Killeen, TX. Jessie L. Anderson of Killeen, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3123EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Linda Sue Mizzell**
Date of Death: **12/26/2012**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Annette M. Funderburk of Prattville, AL. Annette M. Funderburk of Prattville, AL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI13P6000EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Natalia Martinez**
Date of Death: **4/14/2011**
Probate and Family Court Department
Middlesex County Division
208 Cambridge Street, East Cambridge, MA 02141

To all persons interested in the above captioned estate, by Petition of Petitioner Victoria Starkey of Mckinney, TX. Victoria Starkey of Mckinney, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. copy of the Petition and Will, if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3112EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Carlas Marie Wroten**
Date of Death: **2/22/2009**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Juanita Brown of Saint Louis, MO. Juanita Brown of Saint Louis, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3119EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Nina Blount Hooks**
Date of Death: **8/14/2009**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Christopher Clemons of Winterville, NC. Christopher Clemons of Winterville, NC has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI13P5998EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Mary E.B. Bell**
Date of Death: **9/18/2010**
Commonwealth of Massachusetts
Middlesex Probate and Family Court

To all persons interested in the above captioned estate, by Petition of Petitioner Annette M. Funderburk of Prattville, AL. Annette M. Funderburk of Prattville, AL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU13P3110EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Willie Calvin Cooper, Jr.**
Date of Death: **6/3/2012**
Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Janice A. Cooper of Saint Louis, MO. Janice A. Cooper of Saint Louis, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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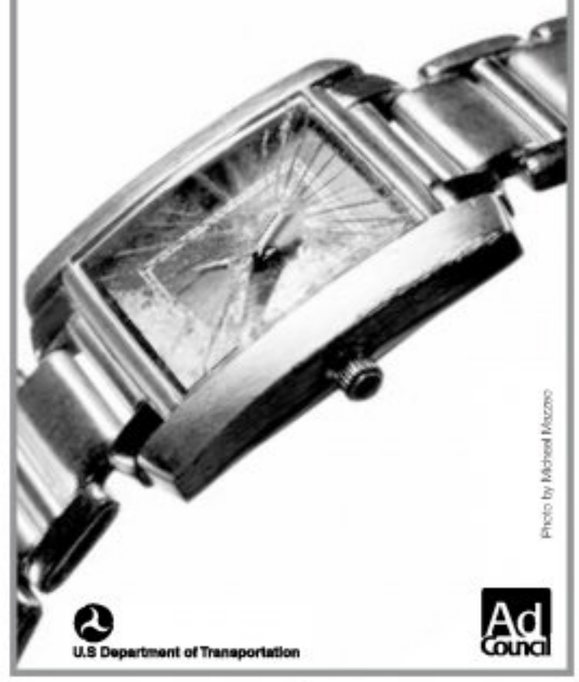

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